

# Medi-Cal Choices

## For People with Disabilities and Seniors In Contra Costa County

This insert can help you decide which kind of Medi-Cal is best for you.

If you live in Contra Costa County and are a person with a disability or a senior, you can choose to be in Regular Medi-Cal, Anthem Blue Cross, or Contra Costa Health Plan.

Anthem Blue Cross and Contra Costa Health Plan are Medi-Cal Health Plans.

If you join one of these plans, you still have Medi-Cal.

To learn about the Plans in your county, call

**Anthem Blue Cross: 1-800-227-3238**

**Contra Costa Health Plan: 1-877-661-6230**

For more information, call

**Health Care Options: 1-800-430-4263**

**Regular Medi-Cal:** There is no phone number to call.

Please look inside for more useful phone numbers.



# Your Medi-Cal Choices in Contra Costa County:

- Use this chart to compare your Medi-Cal choices.
- If you want to join Anthem Blue Cross or Contra Costa Health Plan, call **Health Care Options** at **1-800-430-4263** and ask for an enrollment packet. You can also enroll over the phone.
- If you want to stay in Regular Medi-Cal, do not do anything.

	Medi-Cal Health Plans		Regular Medi-Cal (No phone number) www.medi-cal.ca.gov	See page:
	Anthem Blue Cross 1-800-227-3238 www.anthem.com/ca	Contra Costa Health Plan 1-877-661-6230 http://cchealth.org/ health_plan/		
<b>Basic Services</b>				
Basic Medi-Cal Benefits	Same	Same	Same	p. 6
24-Hour Advice Nurse	Yes	Yes	No	p. 12
Customer Service Phone Hours	Mon–Fri 7 am–5 pm	Mon–Fri 8 am–5 pm	None	p. 33
Interpreter Services	Yes	Yes	Call your doctor or clinic.	p. 28
To Get a List of Covered Drugs	1-800-700-2541	1-877-661-6230	Ask your doctor or pharmacist.	p. 14
<b>Costs to You</b>				
Cost for Doctor Visits	\$0	\$0	\$0	p. 8
Cost for Drugs	\$0	\$0	\$0–\$1	p. 8

Kaiser Medi-Cal Health Plan is available to a limited number of people with Medi-Cal. To be eligible, you must have had coverage through Kaiser in the last 6 months, must have it currently, or you must have an immediate family member currently enrolled in Kaiser. To get Kaiser, you must first enroll in Contra Costa Health Plan.

### Hospitals you can go to for medical care are listed below.

You will usually go to the hospitals that your doctor works with.

For hospitals where you can go for mental health care, call 1-888-678-7277.

Anthem Blue Cross	Contra Costa Health Plan	Regular Medi-Cal
<ul style="list-style-type: none"> <li>Alameda County Medical Center, Highland Hospital</li> <li>Alta Bates Summit Medical Center–Alta Bates, Herrick, and Summit Campuses</li> <li>Children’s Hospital Oakland</li> <li>Doctor’s Medical Center</li> <li>Eden Hospital Medical Center</li> <li>Laurel Grove Hospital</li> <li>San Leandro Hospital</li> <li>Sutter Delta Medical Center</li> </ul>	<ul style="list-style-type: none"> <li>Alta Bates Summit Medical Center</li> <li>Children’s Hospital Oakland</li> <li>Contra Costa Regional Medical Center</li> <li>Doctor’s Medical Center</li> <li>John Muir Medical Center–Concord and Walnut Creek Campuses</li> <li>UCSF Medical Center</li> </ul>	<ul style="list-style-type: none"> <li>Contra Costa Regional Medical Center</li> <li>Doctor’s Medical Center</li> <li>John Muir Medical Center–Concord and Walnut Creek Campuses</li> <li>San Ramon Regional Medical Center</li> <li>Sutter Delta Medical Center</li> </ul>

### Useful Phone Numbers

**Denti-Cal** 1-800-322-6384

For information about dental care that is covered by Medi-Cal for people under age 21

**Contra Costa County Department of Aging and Adult Services** 1-925-229-8434

For information and referrals to many services for people with disabilities and seniors

**Contra Costa County Mental Health Services** 1-888-678-7277

For information about Mental Health Services

**Alcohol and Drug Programs** 1-800-846-1652

For help with alcohol and drug problems

